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COURT

Ontario brewer battling Alberta price mark-ups

 **Ryan Tumilty**
Metro | Edmonton

An Ontario craft brewer won't pay the increased mark-ups to sell beer in Alberta that the NDP government brought in October after a judge ordered a temporary injunction against the fees.

Toronto's Steam Whistle Brewing received the injunction from an Alberta judge Monday, preventing the Alberta Gaming and Liquor Commission (AGLC) from charging higher mark-ups until the company's case is heard.

Alberta's NDP government changed AGLC's mark-ups in their October budget, slapping higher fees on beer from large brewers like Molson and Labatt to help craft breweries. But the government also increased fees on beer from craft brewers outside the New West Partnership, which includes Alberta, British Columbia and Saskatchewan.

The mark-up on craft beer from outside the province is now \$1.25 per litre (it was formerly \$0.20 per litre) and that adds about \$2 to the price of a six-pack.

"That's not Canadian," Steam Whistle co-founder Greg Taylor said.

Finance minister Joe Ceci said he was disappointed in the court's ruling.

"This is about supporting Alberta jobs and Alberta producers."

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LEGISLATION

Review conditions of bail: MP



Ryan Tumilty
Metro | Edmonton

A private member's bill drafted following the death of St. Albert RCMP Const. David Wynn will be reintroduced into the Commons, but it's unclear if the Liberal government will support it.

Conservative MP for St. Albert Michael Cooper plans to bring back the bill his predecessor, Brent Rathgeber, introduced, which died on the order paper when the election was called.

The bill, if made into law, would change bail procedures.

Wynn was killed in a St. Albert casino last year following an altercation with Shawn Rehn, who had a lengthy criminal history. Rehn later took his own life during an extensive police manhunt.

Cooper said Wynn's death should never have happened.

"The killing of Const. Wynn in the line of duty is a tragedy on many levels, but the greatest tragedy of all is that it was completely preventable," he said.

Rehn had several outstanding charges and previous convictions for failing to appear in court or violating bail conditions. That sort of criminal record would ordinarily have precluded Rehn from receiving bail, but the judge who released him on bail was not made aware of his history.

Cooper's bill would make it mandatory that a judge be given such information before ruling on a person's release.



At least right now there are two board members speaking on behalf of the minority that needs a voice. Mother of transgender child



A mother wants the minister of education to lay out consequences to the Edmonton Catholic board. KEVIN TUONG/METRO FILE

Resolve, don't dissolve

HUMAN RIGHTS

Mother calls for dialogue as city's Catholic board on line



Sanam Islam
Metro | Edmonton

The mother of a transgender child attending an Edmonton Catholic school says she's strongly opposed to dissolving the school board — despite its recent actions.

"I don't think it's the right

option. Dissolving the school board will do nothing but harm the kids," said the mother, who Metro will not identify to protect her eight-year-old transgender daughter's identity.

Her comments came after Minister of Education David Eggen said Tuesday he was considering dissolving the Edmonton Catholic School Board because of its recent dysfunction.

Last Friday, the board — without the presence of its chairwoman — sent a controversial letter to parents by Calgary Bishop Fred Henry condemning the province's guidelines on creating LGBTQ policies.

"At least right now there are

two board members speaking on behalf of the minority that needs a voice," the mother said, referring to chairwoman Marilyn Bergsgra and trustee Patricia Grell.

"If the board is dissolved, you're either going to a by-election that will put in even more right-wing Catholics as trustees, or you're going to have the superintendent appointed to act as a representative for the next year and a half," she said.

That would be a problem, she said, adding it was superintendent Joan Carr who was the first to say that her child would not be allowed to use a

girls' washroom.

The mother said rather than dissolving the ECSB, she wants Eggen to make it clear to all school boards what the consequences are if they don't follow the LGBTQ guidelines.

Based on recent statements made by the Alberta Catholic Schools Trustees' Association, Catholic school boards and Catholic bishops in Alberta that support religious authority over the provincial guidelines, she said she's certain that will happen.

"If there are no consequences, then what's the point of the provincial guidelines?" the mother said.

INFRASTRUCTURE

Province eyes federal funding

Political leaders in Saskatchewan and Alberta are welcoming word of federal money to help with infrastructure projects during tough times.

The federal government has been saying it wants to fast-track \$13.1 billion in existing infrastructure cash. Of that, \$704 million is earmarked for Alberta and \$361 million for Saskatchewan, meaning the two provinces —

both hit hard by the oil price crash — could see a quick infusion of about \$1 billion.

\$13B

In federal infrastructure cash earmarked for Alberta.

THE CANADIAN PRESS

There has been no formal announcement from Ottawa.

Alberta Infrastructure Minister Brian Mason said he's been speaking with federal counterpart Amarjeet Sohi.

"We welcome it. There are some questions around what the criteria will be for the money and what the cost-sharing formulas might be," said Mason.

Alberta Finance Minister Joe Ceci has said low oil prices may force him to shelve millions of dollars in plans promised by the NDP government. The projected deficit for this year's budget is already more than \$6 billion.

Federal Finance Minister Bill Morneau suggested infrastructure investments could help ease some of the pain in Canada's ailing oilpatch.

THE CANADIAN PRESS

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Campaign calls for more midwife funding

BIRTHS

Demand has increased since 2009



Alex Boyd
Metro | Edmonton

Natasha Longridge was giving birth to her fourth child when her midwife suddenly stood back and asked Longridge's husband if he wanted to catch the baby.

So he did.

"The birth was amazing," Longridge says. "It was my baby, my body, I could do what I wanted."

It wasn't her first delivery but was her first with a midwife. Longridge says she'd been "lucky enough" to get access to one, an experience she says was empowering.

So much so she's become a doula.

Longridge is also one of many across Alberta calling for increased funding to midwives through an online campaign.

The campaign sees supporters post pictures of themselves holding signs explaining the reasons they used a midwife.

Alberta has had publicly funded midwifery care since 2009. But since then demand for midwives — who can oversee both home and hospital births — has increased considerably.

In September 2015, the government announced \$1.8 million in funding to support another 400 births through midwifery. That brought the total number of babies born using midwives last year to 2,774 — but still left more than 1,000



“The birth was amazing. It was my baby, my body, I could do what I wanted.”

Natasha Longridge

Natasha Longridge is one of the Alberta parents calling for more funding for midwives. KEVIN TUONG/FOR METRO

2,774

Number of Alberta babies born using midwives in 2015.

1,300

Number of mothers left on the waiting list in 2015.

32

Number of midwives in Alberta in 2009.

105

Number of midwives in Alberta in 2016.

requests unmet.

"The joke is you call your midwife before your partner (when you find out you're pregnant)," says Carly Beaulieu, a registered midwife with Lucina Midwives.

Women who want a midwife have to fill out an online form that gets them on a waiting list;

Beaulieu says it's usually first come, first serve.

Alberta Health Services and the Alberta Association of Midwives are currently working on a new agreement to replace the one that expires at the end of March.

"I will continue to review the best available evidence about

how we can help ensure Albertans have the right care at the right time in the right place for the right investment," reads an email from Health Minister Sarah Hoffman to Metro.

Nicole Matheson, president of the Alberta Association of Midwives, says she hopes the lower rates of complications and

potentially lower costs associated with midwives are taken into account.

Longridge agrees.

"Personally as someone who's used a midwife, as a mom, I feel like it gave even more courage to be a better mother, because I had this group of women telling me 'You can do this.'"

IN BRIEF

Police say murder solved

Edmonton police believe they have solved the murder of an Edmonton woman that took place last year.

Forensic evidence has led police to believe that Patricia Roach, who was found dead in her north side home on Oct. 24, was killed by John Gearhart, 37.

Police believe Roach was stabbed to death on Oct. 21 or 22.

Gearhart was found dead in Spruce Grove on Oct. 22 in what police believe is a non-criminal death, so no charges will be laid.

METRO

Outlet mall coming to Edmonton airport

A new 428,000-square-foot outlet mall will be landing near the Edmonton International Airport in 2017.

Real estate companies Simon Partners and Ivanhoe Cambridge announced a partnership Wednesday to build the Premium Outlet Collection.

The company is promising roughly 100 stores at the new enclosed outlet, with some retailers making their first appearance in Canada.

"We are excited to team up with Ivanhoe Cambridge on what promises to be another great project and deliver the very best in outlet shopping to the many tourists and residents of the Edmonton area," said Mark Silvestri with Simon Premium Outlets.

The company hopes to open its new facility in the fall of 2017.

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Jobber gets \$8M in venture cash

TECHNOLOGY

Company's app helps small businesses be more efficient



Alex Boyd
Metro | Edmonton

Amid the doom and gloom beginning to take hold of the Edmonton economy, thanks in large part to the drop in the price of oil, a bright light has emerged in the form of a tech startup that just continues to grow.

Edmonton-based Jobber received \$8 million in new venture financing recently, an amount CEO Sam Pillar says matches the company's big ambitions.

"We made a decision a long time ago to make a run at building a big, meaningful business that's going to make a big difference for the industries that we're serving," Pillar says.



Sam Pillar is the co-founder and CEO of Jobber. The company recently received \$8 million in venture financing and is looking to grow. KEVIN TUONG/FOR METRO

Announced in November, OMERS Ventures — the investment arm of one of Canada's largest pension funds — has invested the money.

Jobber is an app that en-

ables small business owners to schedule their employees or send out invoices with a tap of a screen. The company currently focuses on industries like general contractors, land-

scaping and snow removal.

Pillar says their customers have between three and 30 employees on average. That typically means an owner-operator and staff in the field.



If you're affected by the layoffs ... and you've got an interest in technology ... there's no better time to get started.

Sam Pillar, CEO of Edmonton-based Jobber

"Everyone is hands-on in that kind of operation," he says. "The owner isn't cracking a beer watching numbers roll in, they're working hard and often not able to implement technology in a meaningful way."

Pillar says the companies using Jobber's app now number in the tens of thousands.

In late 2010, Pillar and co-founder Forrest Zeisler were both freelance software developers who kept running into each other at coffee shops. "That's what you do when you're a freelance developer," Pillar says laughing.

They got talking about an idea Pillar had, and soon, Jobber was born.

The two founders worked

contract jobs for a while before raising their first round of funding in 2012. Now a long way from the coffee shop, the company's 45 employees occupy a new 15,000-square-foot

office space downtown, and Pillar says the company is "aggressively" growing its head count.

He says that Edmonton's technology scene has grown in the last five years, and so far has managed to avoid the economic

downturn.

"It's never a convenient time to start, but if you're affected by the layoffs in oil and gas and you've got an interest in technology and the drive and ambition there's no better time to get started."

45

Number of employees
Jobber has after opening as a startup in 2012

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Scramble intersections, like this one in Toronto, allow pedestrians to cross in several different directions while motorists wait. THE CANADIAN PRESS

'Scramble' an option for Whyte

ROAD SAFETY

City reviewing ways to make 'complicated' street safer



Ryan Tumilty
Metro | Edmonton

The city is considering creative approaches to make Whyte Avenue safer for pedestrians, including scramble intersections and slower speeds.

Gord Cebryk, manager of transportation operations, said a review is currently looking at all the options.

"Traditional engineering approaches aren't going to give us the solutions we need," he said.

Cebryk said that includes scramble intersections, where cars are stopped in all directions, allowing pedestrians to cross from opposite corners.

"Those are the types of things we want to look at, how we can incorporate those and how they will fit into the area," he said.

Recently, Coun. Ben Henderson asked city administrators to look into the issue in response to a group called Reboot Whyte, which compiled data this summer to reveal 205 pedestrians or cyclists have been injured on Whyte over the last 10 years.

The city is studying the area to look at improvements and Henderson said he wanted to ensure they were considering everything.

"I wanted to know how cre-

ative we were prepared to be."

Administrators conducting the review are expected to include a plan for the street later this year, and are using traffic cameras to look at speeds, as well as collisions, and to determine causes.

Cebryk said the transportation department knows that Whyte can't just be about moving people through quickly.

"The philosophy in many jurisdictions is to encourage traffic flow, but we have to realize that this area is very special," he said.

Henderson said he's glad the city is looking at the bigger picture.

"We have known for a while that Whyte Avenue was complicated and I think we have been nibbling around the edges."

APPEAL

Court upholds conviction of man who beat wife to death

The Alberta Court of Appeal has upheld the conviction of a Calgary man who beat his wife to death.

Gregory Houle was found guilty of manslaughter in 2013 after originally being charged with second-degree murder.

The body of Cherry Ledesma,

who was 45, was found in 2011 under a pile of laundry in their home.

Police at the time said they had been to the home more than 30 times in the year leading up to her death.

In his appeal, Houle argued that the trial judge failed to

fully consider the evidence and failed to give sufficient reasons for his conviction.

In a ruling released Wednesday, three appeal court judges disagree, saying all the evidence pointed to Houle as the person who killed the victim.

THE CANADIAN PRESS

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Get a rush crossing the slush

EVENT

It's part of a new festival aptly named the Slush Cup



Sanam Islam
Metro|Edmonton

A new Edmonton festival is challenging people to ski or snowboard across an Olympic-sized pond filled with slush without falling in. It's part of a Make Something Edmonton project called Slush Cup, and an Edmonton Ski Club volunteer is behind it.

"It's an event that's done at a lot of ski hills around the world at the closing of the season when the snow starts to melt," says Michelle Zenon, with the ski club. "Usually it's a crazy event. People get dressed up in cos-

tumes, and if it's warm enough they'll wear a bathing suit. It's a fun way to end the ski season."

Last year, the Edmonton Ski Club held a small but successful slush race for the skiing community for the first time.

Zenon says she wanted to open up the event to the public, and make it bigger and better. As part of the festival, which Zenon hopes will become an annual event, there will also be a Tower Pad Slide race (10 people on large pads will put on helmets and race down the hill), a dummy race by University of Alberta engineering students, and a tug-of-war competition on skis.

Zenon says she hopes the Slush Cup festival, which will take place at the Edmonton Ski Club on March 19, will become an annual event.

"There's nothing like this in Edmonton as far as I know. It's a fun reason to just get outside and see something like that."



Skiers and snowboarders of all ages will be challenged to make it across melting ice as part of the Slush Cup festival. SUPPLIED/MICHELLE ZENON



It's an event that's done at a lot of ski hills around the world at the closing of the season when the snow starts to melt.

Michelle Zenon, ski club member

COMMUNITY

Edmonton makes something happen ... in Kitchener, Ontario

Does the name "Make it Kitchener" have a familiar ring? If it does, it's because it's not a far cry from Make Something Edmonton, a program started here in 2012 that supports people in making projects that benefit the city.

"It was in the process of thinking what our economic development strategy could look like that we discovered the Make Something Edmonton campaign," says Janet MacDonald, an economic development analyst with the City of Kitchener.

"We thought it was really compelling, and well aligned with what we're trying to achieve in Kitchener, as it encourages people in the community to get involved to experiment and build."

MacDonald added that the two projects also share a common narrative because of the cities' similar histories.

SANAM ISLAM/METRO

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We're No. 2!

SURVEY

Canada ranked world's second-best country

The annual schmooze-fest of the rich, powerful, famous and their courtiers in Davos, Switzerland, has already produced splendid news for Canada: we're No. 2 in a new ranking of the best countries in the world.

Released at the World Economic Forum, the survey rated 60 countries across 24 categories.

Germany was first, Canada second, the United Kingdom third, the United States fourth and Sweden fifth.

The survey was prepared by U.S. News and World Report, the University of Pennsylvania's Wharton School of business and global brand consultants BAV Consulting.

Canada, the survey said, welcomes immigrants and celebrates diversity, draws some of its national identity from

its expansive wilderness, has produced a long list of accomplished writers and artists and is a high-tech industrial society with a high standard of living.

Former prime minister Brian Mulroney will be pleased to see a nod to the trade agreements of the '80s and '90s that the survey said dramatically bolstered trade with the United States.

"While the service sector is Canada's biggest economic driver, the country is a significant exporter of energy, food and minerals," it said. "Canada ranks third in the world in proven oil reserves and is the world's fifth largest oil producer."

Canadian challenges, it said, are "the concerns of indigenous people" and the perennial matter of relations between Quebec and the rest of the country.

"While constitutional guarantees allow the province wide-ranging cultural and linguistic autonomy, movements for complete independence come in waves."

TORSTAR NEWS SERVICE



SWITZERLAND TRUDEAU ADDRESSES RICH AND POWERFUL Prime Minister Justin Trudeau, accompanied by staff members, walks through town as he heads to a bilateral meeting in Davos, Switzerland, on Wednesday. Trudeau is attending the World Economic Forum where political, business and social leaders gather to discuss world agendas. Trudeau's keynote address at the World Economic Forum framed Canada as a safe place to invest amid global economic uncertainty. ANDREW VAUGHAN/THE CANADIAN PRESS

MONTREAL

Factory drawing refugees

When Syrian refugee Garouj Nazarian is asked how he likes working for his boss, the answer comes in choppy English — but the sentiment shines through.

"So much good," he says with a big smile, offering a thumbs-up to emphasize his joy.

Nazarian, who's been in Canada for about a year, has been working for six months at a Montreal plywood factory owned by Levon Afeyan, who fled Lebanon's civil war with his parents and two brothers in 1975.

Nazarian is one of 12 Syrian refugees among 80 employees and Afeyan intends to hire more as Canada opens its borders to thousands of people fleeing the Assad regime and the Islamic State of Iraq and the Levant. Essential to feeling Canadian, Afeyan adds, is to start speaking English and, particularly in Quebec, French.

Starting in March, a teacher subsidized by the Quebec government will offer French lessons twice a week for free — inside his factory. THE CANADIAN PRESS

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20 killed in attack on Pakistan school

TERRORISM

Concerns rise over whether police can protect state

Islamic militants again stormed a school in northeastern Pakistan in a deadly attack that lasted for hours. And once again, the blood of students and teachers stained

classrooms and hallways, raising questions about whether security forces can protect the country's educational institutions.

At least 20 people were killed and 23 were wounded Wednesday in the assault on Bacha Khan University in Charsadda before the four gunmen were slain and the military declared an end to the siege. Two teachers were among the dead, including a chemistry professor who was praised as a hero for shooting back at the at-

tackers and allowing some students to escape.

The university attack was grimly reminiscent of the December 2014 massacre at an army public school in Peshawar that killed 150, mostly children.

The violence shows how vulnerable schools remain in Pakistan, where extremists have sought to prevent Western-style education, especially for girls. Teenager Malala Yousafzai was awarded the Nobel Peace Prize

after she was shot in the head by a Taliban gunman in 2012 because of her support for gender equality and education for girls.

Last weekend, several schools were closed after intelligence suggested militants were planning an attack, according to Muhammed Amir Rana, director of the private Pakistan Institute for Peace Studies. A spokesman for the provincial government said schools were closed as part of a security drill. THE ASSOCIATED PRESS



Relatives of the 2014 Peshawar school victims pray on Wednesday. AFP/GETTY IMAGES

SCIENCE

New evidence points to giant 9th planet

The solar system may have a ninth planet after all.

This one is 5,000 times bigger than outcast Pluto and billions of miles farther away, say scientists who presented "good evidence" for a long-hypothesized Planet X on Wednesday.

The gas giant is thought to be almost as big as its nearest planetary neighbour Neptune, quite possibly with rings and moons. It's so distant that it would take a mind-blowing 10,000 to 20,000 years to circle the sun.

Planet 9, as the pair of California Institute of Technology researchers calls it, hasn't been spotted yet. They base their prediction on mathematical and computer modeling, and anticipate its discovery via telescope within five years or less.

The two reported their research Wednesday in the Astro-

nomical Journal because they want people to help them look for it.

"We could have stayed quiet and quietly spent the next five years searching the skies ourselves and hoping to find it. But I would rather somebody find it sooner, than me find it later," astronomer Mike Brown, the so-called Pluto killer who helped lead the charge against Pluto's planetary status in 2006. Once Planet 9, Pluto is now officially considered a dwarf planet.

Brown and planetary scientist Konstantin Batygin feel certain about their prediction, which at first seemed unbelievable to even them.

"For the first time in more than 150 years, there's good evidence that the planetary census of the solar system is incomplete," Batygin said.

THE ASSOCIATED PRESS



This rendering shows the distant view from Planet 9 back toward the sun. It's thought to be gaseous, similar to Neptune.

COURTESY CALIFORNIA INSTITUTE OF TECHNOLOGY/THE ASSOCIATED PRESS

IN BRIEF

Five planets to be viewable across southern sky: NASA

People talk about the planets aligning, but have you seen real ones do it? If the weather is clear over the coming month, early risers will be able to view Mercury, Venus, Saturn,

Mars and Jupiter with the naked eye, across the southern sky. NASA says the phenomenon — visible this week until Feb. 20 — happens every few years when the planets orbit on the same side of the Sun.

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FINANCING

Bank of Canada keeps rate at 0.5%

The Bank of Canada is holding its benchmark interest rate at 0.5 per cent even as it downgrades its growth outlook for an economy hit by falling commodity prices.

The central bank made the announcement Wednesday as the country adjusts to what it describes as a complex mix of sliding resource prices, a falling Canadian dollar and weaker business investment.

"Prices for oil and other commodities have declined further and this represents a setback," the bank said in a statement.

Leading up to Wednesday's highly anticipated rate announcement, analysts were

divided on whether the bank would move the rate.

Some observers called for a rate cut because of the magnitude of the oil-price shock. Others said the federal government's promises to pump billions of dollars into infrastructure projects would be enough to keep governor Stephen Poloz from changing the rate.

The bank justified holding the already-low rate because inflation has been unfolding as expected within its ideal target range. It also pointed to the anticipated economic benefits from Ottawa's commitment to spend on infrastructure.

THE CANADIAN PRESS



Priya Dhillon, a millennial who is part of the leadership team in a multi-unit restaurant business owned by her parents in the GTA, photographed at an A&W in Toronto. TORSTAR NEWS SERVICE

Millennials like being own boss

WORK TRENDS

Many prefer a business to traditional workplace

Priya Dhillon, a 33-year-old with a PhD in molecular biology, has her sights set on something a lot less scientific: to own an A&W franchise.

The concept is closer to becoming a reality for her now that the Canadian burger giant is actively recruiting and helping millennials scoop up new franchises planned for urban locations, starting with Toronto.

Dhillon represents a predominant entrepreneurial trend among Canadian mil-

lennials, many of whom say they would rather be self-employed than have a traditional workplace with a boss hovering over them.

Based on a recent poll of 5,800 participants in 10 countries, media agency network ZenithOptimedia found global consumers aged 18 to 34 have a "fundamentally different approach" to achieving happiness compared to previous generations.

While baby boomers in their youth were defined as idealists with a free-spirit vibe, millennials seek to gain much more control over their lives to obtain happiness, it found.

"Most millennials told us they valued the freedom and flexibility of new ways of working. Inspired by their peers, including tech entrepreneurs

like (Facebook founder) Mark Zuckerberg, many see running a business they are passionate about as their ultimate goal," says the Pursuit of Happiness study.

Another survey from Intuit shows that one quarter of millennial-age entrepreneurs have never held a full-time job prior to starting out on their own — nearly three times more than entrepreneurs ages 35-54.

"They want to feel empowerment," explains Rob King, director of small business at e-commerce software firm Intuit Canada. "They don't want to work 9-to-5 and they're not as risk averse as others. Plus technology is moving really fast, so they can do a startup out of their basement," he notes.

Seventy-one per cent run their businesses from a smartphone while one-quarter do so from a tablet, says the survey on the new generation of entrepreneurs.

TORSTAR NEWS SERVICE

“They don't want to work 9-to-5 and they're not as risk averse as others.”
Rob King, director of small business, Intuit Canada

QUEBEC

Natural gas from yogurt

A town in southern Quebec is changing the way it looks at yogurt.

Saint-Hyacinthe signed an agreement with Yoplait Liberté last week to transform expired and unusable yogurt into natural gas that it says will be able to heat municipal buildings and power a fleet of city-owned vehicles.

Brigitte Massé, the city's communications director, said a total of 6,500 metric tonnes of yogurt will be transformed over the course of one year into 375,000 cubic metres of natural gas at a city-run biomethanation facility.

Biomethanation is a process through which organic matter and waste is converted into gas after being heated at high temperatures.

"The production of that 6,500 cubic metres of yogurt will allow us to heat our two largest arenas and aquatics centre in Saint-Hyacinthe for a year with natural gas," Massé said Wednesday.

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CHANTAL HÉBERT: ON THE POSTMEDIA MELTDOWN



“Canada’s news media is undergoing the biggest journalistic fire sale of its history. It is happening under the nose of a political class that is, for the most part, content to look the other way.”

Under the guise of a migration to the digital world, Canada’s news media is undergoing the biggest journalistic fire sale of its history. It is taking place on such a scale that it might be more appropriate to call it a liquidation of information-gathering resources, and it is happening under the nose of a political class that is, for the most part, content to look the other way.

Just last week, some columnists were debating whether Ottawa lacked the gravitas one would normally associate with the capital of a G7 country. Detractors of the city that is home to Parliament will soon be able to add soulless newspapers to the list of its alleged shortcomings.

On Tuesday, Postmedia announced that the main print outlets of four of the country’s major cities — including the nation’s capital — will merge their newsrooms.

In Calgary, Edmonton, Vancouver and Ottawa, the same journalists will report to both the Postmedia and the Sun papers, with their work to be rewritten by editors to suit the style of each outlet.

For more than 100 years, La Presse was known as the largest French-language daily in North America. Since Jan. 1, it is no longer available in print except on Saturday.

The paper’s owners are gambling that as its readership moves over to its tablet edition, their bottom line will improve. But the jury is out as to what toll, if any, the shift

will take on the quality and breadth of the province’s public conversation.

The parliamentary press gallery is celebrating its 150th anniversary this year. Its make-up is a lot more diverse than when I first joined it a few decades ago.

But when it comes to reflecting Canada’s regional diversity, the trend has gone the other way with many regional news organizations leaving the Hill, and with other outlets coming to rely on skeleton crews. In the Star’s Parliament Hill bureau, there are more empty desks than actual bodies these days.

The print media is not the only casualty of this ongoing meltdown.

Mainstream commercial networks are struggling to adapt to digital viewing habits of their audience — leaving less money to devote to their

news coverage. After decades of budget cuts, Radio-Canada and the CBC are shadows of their former selves.

So far, the reaction of Canada’s political class has mostly ranged from indifference to public hand-wringing. On Twitter on Tuesday, the mayors of the cities involved in the cuts expressed regrets at the news. So did Prime Minister Justin Trudeau.

But there must be a point when the steady disintegration of the country’s fourth estate’s news-gathering and news-getting functions becomes a public-policy issue.

There will be some to actually rejoice in the notion that a shrunk news media will have less potential for digging out embarrassing stories. The corruption inquiry in Quebec and the sponsorship scandal on Parliament Hill both had their source in persistent jour-

nalism.

Less short-sighted politicians may consider that they are ignoring this crisis at their own peril. A less informed electorate is more easily manipulated and less engaged. And at a time when parties are toying with notions such as compulsory voting and more participatory democracy, is the decline in political literacy that stands to result from an impoverished information environment a desirable outcome?

On the heels of a three-year study of the Canadian media landscape in 2006, a Senate committee warned that Canada was tolerating a concentration of media ownership that most other countries would find worrisome. And it noted that the consistent depletion of these resources of the country’s public broadcaster compounded the problem.

Some take solace in the notion that Trudeau’s government is committed to reinvesting in the CBC. But a news environment dominated by one media organization — even the public broadcaster — does not amount to a healthy one.

In any event, what followed the Senate report was a decade of laissez-faire that often saw owners sympathetic to the government of the day given free rein over larger media empires, combined with ever-closer-to-the-bone cuts to the CBC.

What we have today is a weaker public broadcaster in a field of journalistic ruins, and Canada’s national fabric is the poorer for it.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

Finding the line between feminist and sensitive snowflake

John Mellish, a 55-year-old P.E.I. man, knows his media ropes.

“You’re not live, are you?” he asked when I called. A few radio shock jocks in the central U.S. had gotten to him first. So had about 25 reporters. He hasn’t turned down an interview, because talking to media fits with his plan.

“I guess it’s obvious,” I said. “I’m calling about the sign.”

John and his wife Ursula run a used-car business, Mellish Motors, and the dealership’s roadside sign has a local reputation for witticisms.

Last Christmas, it was a line about not complaining about the holidays, since “We were already fat in August.” “Not everyone shares my sense of humour,” John acknowledged.

Then last week, it held this: “Women are like snowflakes. They can’t drive.”

“It’s stupid but it’s cute” was John’s assessment. (His wife and daughter, he noted, have perfect driving records.)

But Chelsea Ling didn’t laugh. She snapped a photo of the sign and posted it to Facebook with the tag: “Well PEI friends...”

It spread quickly, garnering comments, shares and media coverage that snowballed after the Mellishes posted two more signs: “Sensitive women don’t read this sign” and “Attention drama queens, auditions for today have been cancelled.”

There was also backlash. Someone called John to threaten his life, he told the Toronto Star. On Facebook, Ling said she’s received death and rape threats.

All this controversy is not accidental. The Mellishes and Ling both actively stoked debate — if to different ends. John doesn’t use social media, but he understood as well as Ling its potential power to make private passions public. As a tool, it’s almost a given.

Ling wrote that her goal was to spark discussion about what she saw as unacceptable comments about women.

When Ursula and John followed up about the snowflakes sign, they were expecting personal attacks in order to highlight online negativity. If people were more aware of the consequences, “They might think twice before posting something about a friend or a business owner or a contractor,” John said.

Both sides have been using the media to spread their message — about sexism and what’s funny, and hate and filth on social media. Now, Ling wants to talk with John, “about all of this crazy,” she wrote. Meanwhile, the Mellishes are winding up for more backlash. Yesterday, the sign read: “Sensitive men don’t look at tomorrow’s sign!”

“You can phone back tomorrow,” John offered, “and update on that.”

THE MICROTREND: Printing your pregnancy



Can’t wait to meet your bundle of joy? Well then — don’t. Some companies have taken 3D ultrasound imaging to the logical next level: they’ve started offering 3D-printed fetus replicas to expectant families. And although the idea is off-putting to some (nine weeks into pregnancy, the printout looks somewhat ... reptilian), it’s proving popular with U.K. parents. The technology had already been used to help blind mums-to-be who can’t view an ultrasound image to “see” their child. But now it’s gaining broad appeal, despite the price tag of around \$800 Canadian. A tasteful figurine of just your baby’s face and hands, however, is a mere \$360 — and the once-before-a-lifetime moment will never come around again. SOURCE: THE GUARDIAN, PHOTO: WOLFPRIINT

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"I'm not running away from Vogue. But it will be nice to collaborate. I'm certainly not going into retirement."
GRACE CODDINGTON ON RESIGNING FROM HER NEARLY 30-YEAR TENURE AS CREATIVE DIRECTOR OF VOGUE



Fairey art

Famed street artist Shepard Fairey has left his mark around the world. The book, *Covert to Overt*, compiles all the Obey founder's work since 2010 — two years after his HOPE piece played a role in Barack Obama's presidential campaign.

TORSTAR NEWS SERVICE



Power and Imperial Glory

In collaboration with printer Jo Watanabe, Fairey drew inspiration from American pop artist Roy Lichtenstein for this pair of large-format prints. The artist has said the latter creation was a comment on the U.S. military industrial complex.



Peace Elephant Mural

This sprawling display decorating the West Hollywood Library was more than 10 times the size of any wall Fairey had painted to that point. Given less than a week to execute the design, Fairey's crew worked 12 to 16 hours per day to complete the work.

Our Fairey City

Toronto was the last stop on Fairey's seven-city mural tour in 2014, with the above mounted at the intersection of Queen Street and Denison Avenue. At the time, Fairey wrote about how much he loved touring the neighbourhood — and the "euphoria" he felt buying a box set of Dead Kennedys singles.

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How to be productive at life

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Chris Bailey, pictured here, author of *The Productivity Project*, writes you may want to cut back on checking email and reaching for that third cup of coffee if you want to be more productive. THE CANADIAN PRESS/CHRIS YOUNG

NEW BOOK

A tale of one man's quest to accomplish more in the day

Is there one sure-fire strategy to maximize your time and energy in a given day?

Chris Bailey was so determined to find out that he turned down two lucrative job offers and devoted a year of his life to a quest for the holy grail of productivity.

In addition to his research and interviews with leading experts, the business school graduate used himself as the test subject in a series of experiments.

Bailey lived in isolation for 10 days, worked 90-hour weeks and gained 10 pounds of muscle mass.

He documented the experiments on his blog and then compiled the upsides and pitfalls of his pursuits in the book *The Productivity Project* (Random House Canada).

Bailey said there is no one-size-fits-all strategy for increased productivity. He learned that firsthand when the habitually late riser forced himself to wake up at 5:30 a.m. for three months.

"It didn't work for me, and I accomplished less in that experi-

ment than I would have otherwise," Bailey said during a recent interview in Toronto.

"I had to go to bed when I had the most energy, when I was the most productive — because I don't view productivity as how much we produce, I view productivity as how much we accomplish. The best way I found to do that while doing my project was by managing our time, our attention and our energy."

Bailey also tried drinking only water for an entire month and found he had more energy than he had in years.

While he still drinks caffeine and said it can offer productivity benefits, he added that people should be smarter about their consumption habits and not continuously rely on the stimulant.

"Being able to find that energy boost whenever you need it, when you have something important you're working on ... is something huge that you can do."

Bailey writes in his book about the benefits of assessing your Biological Prime Time (BPT) for performing one's highest-impact tasks.

A strategy Bailey has main-

tained is to unplug from digital devices from 8 p.m. to 8 a.m. He also suggested shrinking "support tasks" that can consume considerable time, like answering emails.

"If you check them every hour — even for 12 hours — over the course of the day, that's still 12 times a day and more than enough time to keep on top of everything that you have to do."

Bailey said among the best tactics for him were those that allowed him to work "more deliberately and with intention."

"When we have more work to do than the time to do it in, it becomes crucial that we take that step back to figure out what's important," he said.

"When you only work on auto-pilot in response to whatever tasks get sent your way ... other people have control over your work."

Another of his favoured approaches is "the rule of three" — looking ahead to the end of the day to determine which three things you'd like to accomplish.

"On days where you have a ton of meetings, maybe those meetings are what you intend to accomplish — or maybe they limit what you intend to accomplish."

"Just taking that step back is something huge someone can do for their productivity."

THE CANADIAN PRESS

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Author Khan draws on Muslim roots



Khan brings history, poetry, politics to her mystery novel.

MYSTERY

Fully-formed characters offer complex look at culture

Sue Carter
For Metro Canada



Every time mystery writer Ausma Zehanat Khan crosses the border, leaving her adopted home of Denver for Canada, she is always aware of her status as a Muslim woman. And whenever she turns on the news, she is reminded how vitriolic public discussion around the Muslim community can be.

"So much of that discourse is very ill-informed and uneducated on issues about what Muslims are about, what the Muslim faith is about. It's important for me to speak back to that a little bit with my characters and the stories that I'm telling," Khan says. "I don't really consider it an agenda, but it's my experience that I'm writing about. It's about what I know, the communities that



So much of that discourse is very ill-informed and uneducated on issues about what Muslims ... what the Muslim faith is about.

Ausma Zehanat Khan, author

form my reality and the reality of so many people that I know."

Khan, who has her Ph.D. in international human-rights law, specializing in military intervention and war crimes in the Balkans, drew on her expertise and background for her first novel, *The Unquiet Dead* (Minotaur Books), a mystery-thriller connected to the 1995 Srebrenica genocide. It was here she introduced her protagonist, the Toronto-based Muslim detective Esa Khattak and his partner, Rachel Getty, a no-nonsense hockey-playing cop who plays the perfect foil to elegantly handsome Khattak.

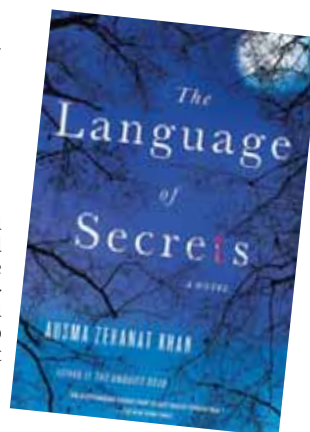
The detectives return for Khan's new murder-mystery, *The Language of Secrets*, which was inspired by another true crime: the arrest of the Toronto 18, an ill-prepared group of terrorists whose plans to bomb Parliament Hill was thwarted by the RCMP and CSIS in 2006.

To prepare for the book, Khan

researched Islamic history and politics, jihadist websites and stacks of police materials. She also had in-house help: her husband is an expert on Islam and politics. "He's a great resource to go to and hear all the different sides of the story," Khan says.

While jihadist terrorists have become easy go-to villains, Khan believes her books stand out because there are still few fully formed Muslim characters like Khattak to be found, especially within crime-thrillers. *The Language of Secrets* is also rare in the genre because of the poetry that flows through it. From recitals of classical works to slam poetry nights, it is present throughout her story, which Khan says comes from her upbringing as the daughter of two Pakistani-Canadians who hosted recitals at their house.

Khan's love of the tradition continued when she attended University of Toronto, and would



find herself in the stacks of Roberts Library, looking up titles in translation.

Beyond wanting to celebrate and share Eastern art, Khan had another personal reason for incorporating poetry into a whodunit murder. She says, "If you look at Arab or Persian traditions, you'll see poetry is very much at their heart. I thought a very beautiful way to temper the ugliness of the jihadist ideology is also to express the beauty of those traditions."

Sue Carter is the editor at Quill & Quire magazine.

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Fearless filmmakers bring scares to Sundance



The Lure, a movie about flesh-eating mermaids working as nightclub singers, is competing in the World Cinema Dramatic Competition at the Park City, Utah film fest. CONTRIBUTED

FILM FESTIVAL

Audiences may be shocked by programming lineup

Shock and awe is coming to the Sundance Film Festival, Robert Redford's annual celebration of indie cinema, which begins Thursday in Park City, Utah.

Movies seeking audience gasps as well as applause include Swiss Army Man, a bromance between a man and a corpse starring Paul Dano and Daniel Radcliffe.

There's also The Lure, a musical about a pair of pop-star mermaids who are hungry for love and also human flesh.

And speaking of unusual pairs, there are two films, Christine and Kate Does Christine, one a drama and the other a documentary, that investigate the mysterious

1974 on-air suicide of a Florida TV newscaster.

Then there's Operation Avalanche, by Toronto's Matt Johnson (The Dirties), a conspiracy movie about the Apollo 11 moon landing that threatens to rewrite history and possibly enrage scientists, space freaks and American patriots.

These and other attention grabbers are amongst the 123 features and 72 shorts Sundance will screen from Jan. 21 to 31, many of them world premieres.

Scary movies have long been associated with the Sundance: The Blair Witch Project, Saw, The Babadook and The Witch all earned their first shrieks in Park City.

For the most part, such films have been safely confined to Sundance's Midnight program, which is similar to TIFF's popular Midnight Madness slate. This year it seems they're populating the more mainstream sections,

including the dramatic and documentary competitions.

"It's true!" says Sundance festival director John Cooper, in an interview from his L.A. office before leaving for Park City.

"I think this fearlessness is coming from the filmmakers themselves. They're not worrying so much about the end success of their films, because so many of them get picked up to go on a platform that's not even theatrical, more and more. They know that audiences are just going to find them."

"They're just not afraid to take crazy chances. This is what's in their brains and in their hearts and in their passion to tell as a story, and they're doing it without worry."

Witness the "dead guy bromance" that is Swiss Army Man, co-directed by Daniel Kwan and Daniel Scheinert, which is debuting in the U.S. Dramatic Competition. Dano plays a suicidal

man stranded in the wild who befriends a corpse played by former Harry Potter star Radcliffe. It's one of the weirdest dramas ever to screen at Sundance and Cooper said comparisons to the 1980s comedy Weekend at Bernie's aren't valid.

"To have Daniel Radcliffe play a dead body through a whole movie and make it interesting is just so original. You get caught up in the relationship between Dano and Radcliffe."

Another wild combo is the singing mermaids of The Lure, a film by Poland's Agnieszka Smoczynska that's competing in the World Cinema Dramatic Competition. It stars Marta Mazurek and Michalina Olszanska as mermaid sisters who leave their watery domain to become nightclub singers and also to snack on a few patrons — although trouble begins when love suddenly intrudes.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Maybe change this show's name to Crybaby Cop

THE SHOW: Shades of Blue, Season 1, Episode 2 (Global/NBC)
THE MOMENT: The Crying

In her boss's bathroom, New York City policewoman Harlee Santos (Jennifer Lopez) talks by phone to her 16-year-old, Christina. Harlee just learned that Christina has snuck off to a nightclub.

"Don't drive with someone who's been drinking," Harlee says. Her eyes fill with tears. Christina can't hear her, but Harlee keeps talking anyway. "Be true to yourself," she says, crying openly now. "Someday you'll have a daughter, and she'll be the best part of your life." She slumps against the sink, overcome.

Okay, Harlee is under pressure. She, her boss Matt (Ray Liotta, scary), and their crew take bribes. The FBI caught her and made her turn rat. Matt is about to give her a polygraph. If this were the first time Harlee wept, we'd understand.

But this is episode two, and already Harlee has wept — copiously — many times. She wept in the opening scene of episode one. She wept at her daughter's school concert. She wept when the FBI caught her. So free and frequent is her weeping, this show should be called Crybaby Cop. Or maybe Shades of Boo-Hoo.

Eyes-filling-with-tears is a handy acting skill, and Lopez is clearly eager to show hers off. She also looks pretty when she cries, unlike, say, me. But given that Harlee is supposed to be a hardened, hard-ass cop, I find her crying off-putting. Did she weep during drills at the academy?

Not since Claire Danes in Homeland has an allegedly professional woman been so easily overcome on the job. Nut up, Harlee.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Weeping on demand for her role in Shades of Blue. CONTRIBUTED

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MEET THE CONDO

City meets country in Big Lake

Project overview

Duplex and Two-storey single family homes co-exist in this nature-oriented community. A few developers are on scene, but the Rohit community near Big Lake in Northwest Edmonton is focusing on quiet lifestyle, with all homes within 300 feet of greenspace.

Location and transit

Located near Lois Hole Park and just two minutes from the Anthony Henday, Starling at Big Lake is moments from St. Albert. West Edmonton Mall and Edmonton schools are about 10 minutes away, while the city's downtown is a 20 minute drive. St. Albert Transit offers a direct bus route to the University of Alberta.

In the neighbourhood

The Big Lake area is home to over 200 bird species, which can be seen from the 2 km of area walking trails. The nature focus continues via teaching docks on the wetlands, and a public gazebo offering scenic views. All services and shopping are in St. Albert, just two minutes away.

Housing Amenities

Starling duplexes, popular with first-time buyers and downsizers, feature main floor granite countertops, laminate flooring, a large rear deck and high-efficiency furnace. Most single family homes offer hardwood floors, 9' main-floor ceilings, brushed nickel/chrome hardware, a large mudroom, fireplace and more. LUCY HAINES/FOR METRO



CONTRIBUTED

+ NEED TO KNOW

What: Starling at Big Lake
Builder: Several — San Rufo Homes, Blackstone, Averton, and more— but primarily Rohit
Designer: A Rohit Community
Location: NW Edmonton, near Lois Hole Provincial Park, and adjacent to St. Albert
Building: Duplexes and two-storey single family homes
Sizes: 1,300-1,500 square foot duplexes, single family homes about 2,200 square feet
Pricing: Duplexes \$360,000 range, Single Family homes \$650,000 range
Status: Building and some quick possession homes
Sales centre: 137 Ave. NW and 199 St. NW
Phone: Rohit group 70-669-2349
Website: Starlingatbiglake.com



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Four tips for an organized home

RESOLUTIONS

Professional tips to get your place in order for 2016

There's a reason you haven't started that "get organized" New Year's resolution yet, and the reason is simple: It's an overwhelming chore.

Well, for most of us at least. You see, some people not only enjoy finding order in the chaos, but they enjoy it so much they've made it into a career. Before you forget all about your 2016 pledge, we hit up some professional organizers for their top tips.

1 Start small

If you resolved to learn to cook this year, you wouldn't start with hosting a six-course dinner party. Likewise, you don't want to kick off your organizing plan with a garage overhaul. "The junk drawer is the perfect starter project because it's a microcosm of your entire home," says New York-based organizer Jeni Aron,



Getting matching hangers is one way to create visual order in your closet. ISTOCK

owner of Clutter Cowgirl. "You can sort your junk drawer in a half-hour to an hour. And then you can move on to a bigger challenge with confidence."

2 Get a handle on your paperwork

You know those papers on your coffee table? Well, more are coming in tomorrow's mail. The good news? It's fairly simple to get a handle

on. "A quick solution is to gather all your current papers in one place and divide everything into three piles: To Do, To Read and To File," advises Debbie Lillard, author of *A Mom's Guide to Home Organization*. "If unopened mail is included in that pile of paperwork, open it and discard envelopes and excess materials. Then tackle one pile at a time until you are

caught up. Just having it all in one place will make you feel more in control."

3 Confront the closet

More than any other space, closets are prone to becoming cluttered, daunting pits. "If you haven't worn something in a year, you probably won't wear it again," says New York-based organizer Aly Finkelstein, of Organized by

Aly. "Scan your closet and then bag all of your unwanted clothes for either resale or, preferably, donation." While you're in there, she says to replace those warped, mismatched, clothes-snagging hangers — it's the new year, after all.

4 Think digital

Organizing isn't limited to your physical space these days. You know all of those pictures floating around in your email and text messages? Rescue them before they float away into the digital ether. "Organizing last year's digital photos is the type of project you can accomplish in an afternoon," says Philadelphia-area professional organizer Crystal Sabalaske, owner of Cluttershrink. "Search by year, select those you want to print and then file everything away in dated folders." Next up? The owner's manuals to your electronics. Sabalaske suggests rounding them up, deciding which ones are important to keep then filing away by room.

MONICA WEYMOUTH/FOR METRO IN NEW YORK

IN BRIEF

Pull up a chair for season 2 of Ellen's Design Challenge

For most of us, the word "chair" probably brings to mind a single, universal image.

But the fact is, the range of furniture is limitless and ever-growing, always inspiring further innovations. Anyone doubting that is welcome to tune into Ellen's Design Challenge, which returns for its second season Monday at 9 p.m. EST on HGTV.

The second year of the design competition will showcase 10 candidates who will sketch, design and build innovative furniture with the hope of outlasting their rivals and, at the end, receiving the \$100,000 prize. On every episode, these competitors will face new design challenges as each is paired with an expert carpenter to fulfil that week's assignment.

"It's got the drama of their having to come up with ideas while trying to make a deadline," says DeGeneres, who will make the occasional surprise appearance. AFP

SPONSORED CONTENT

Seeing is truly believing

Windows to houses are what eyeglasses are to people — a necessity that can add beauty. When thinking about your next window replacement, many of the same considerations apply as those when you purchase eyeglasses.

Price tag. The form and materials and finishes and glass type will all determine how economical or expensive your window project will be. Items like specialty glass or low-coatings will increase the price of your home windows, but improve the performance, comfort and view. Triple pane adds a third layer of glass, with two insulating chambers to improve comfort, sound absorption and heat loss/gain. Durabuilt reports over 90 per cent of their replacement customers opt for triple pane when replacing windows.

Function. Much like eyeglasses are prescribed to give a person the ability to see clearly, window replacements are often recommended to help seal your home's building envelope and provide better insulating value. The type of windows will also contribute to their function, whether they be picture windows, or operational ones that crank or slide open. Perhaps replacement windows will work to aerate your home by creating cross breezes where none were possible before?

Aesthetics. The right eyeglasses can



CONTRIBUTED

make or break an outfit or work to create an overall "look," much like windows can act as your home's main fashion accessory. Windows can be accent pieces or continue a colour scheme. Durabuilt offers on-trend vinyl colours, rich aluminum clad with our Hybridex series, and beautiful interior and exterior laminate colours with our premium Vivacé window series.

According to the U.S. National Association of Realtors, curb appeal is critical because it's the first thing buyers notice about a home.

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"I think it poses an existential threat to the very fabric of what sports is about": Andre Agassi on alleged match-fixing in tennis

Nguyen finding his resolve

FIGURE SKATING

Teen inspired by his dad — a Vietnamese refugee

It hasn't been an easy season for Nam Nguyen.

He's going through another growth spurt that has thrown his skating slightly off-kilter. He's feeling the pressure of defending his Canadian title against a field that once again includes Patrick Chan. There have been days, the 17-year-old says, where he's wanted to quit.

But Nguyen draws on resilience learned from his father Sony, who was among the hundreds of thousands of Vietnamese refugees who fled by boat to escape the country's Communist tyranny in the 1970s and '80s.

"He's so brave," Nguyen said of his dad. "I'm very happy that he's my father. He's taught me to become very strong."

"Sometimes he'll compare my problems to his problems and that will make my problems look like nothing," he added, laughing.

Sony Nguyen made the harrowing 500-kilometre trek to Malaysia in 1987, one of 149 people stuffed into a boat just

10 metres long. There was no room to walk. They sat, legs stacked upon one another like kindling, holding on while the rough South China Sea knocked them about.

They were attacked by pirates who took their food, water and belongings and what little money they had. The pirates raped several of the female passengers before leaving them adrift with nothing.

They were eventually rescued by a passing freighter, and taken to the Pulau Bidong refugee camp in Malaysia.

"At that time I said, 'Yes, we are alive,'" Sony said. "When I escaped my country, we had to realize we leave or we could die. It was very frightening ... right up until I put my foot down in Malaysia."

Sony lived in the refugee camp for nearly a year before a Canadian sponsored him to move to Ottawa. Nguyen would send for Nam's mom Thu, a doctor in Vietnam, a year later.

"It was very difficult," said Nguyen, a computer scientist in Toronto. "Life, it's not easy, but we have to stand up and move on and fight for it. And that's what Nam has been trained for."

Nam and his dad were gripped by recent images of Syrian refugees, and their own harrowing escapes. Because Toronto's Jewish community came to the aid of the Vietnamese years ago, Nam recently spoke at the Holy Blossom Temple to ask the two communities to work together to support Syrian refugees.

"I feel really, really sorry for those people," Sony said. "They have been through what I went through, they sacrificed their families and their lives to come to Canada.... I told Nam,

"That's what dad has been through.' Nam is very proud of the family."

Sony enrolled Nam in hockey at the age of four. The two are big Vancouver Canucks fans. He started figure skating at five, and quit hockey at eight when he won the Canadian juvenile figure skating title.

Nam has captured a national title at every age group and won the world junior championships in 2014.

He was fifth at the world senior championships last spring.

He's the defending champion this week at the Canadian

figure skating championships in Halifax. Sitting in a lounge at the Toronto Cricket, Skating and Curling Club after a recent practice, Nam said his season has been a tough one.

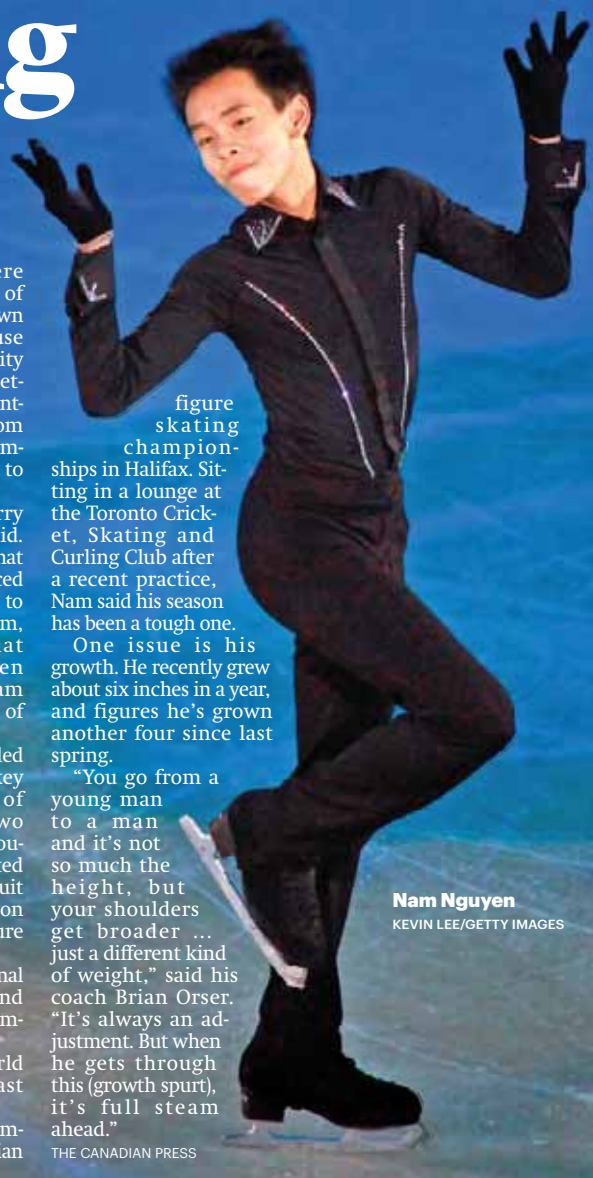
One issue is his growth. He recently grew about six inches in a year, and figures he's grown another four since last spring.

"You go from a young man to a man and it's not so much the height, but your shoulders get broader ... just a different kind of weight," said his coach Brian Orser. "It's always an adjustment. But when he gets through this (growth spurt), it's full steam ahead."

THE CANADIAN PRESS

He's taught me to become very strong.

Nam Nguyen on his father, Sony



Nam Nguyen
KEVIN LEE/GETTY IMAGES

IN BRIEF

Roughriders staying the course with Durant

Quarterback Darian Durant has agreed to a new deal for 2016 with the Saskatchewan Roughriders.

Durant signed a multi-year contract extension with Saskatchewan after leading the club to just its



Darian Durant
GETTY IMAGES FILE

fourth Grey Cup title in 2013 but has been hampered by injuries the past two seasons. Durant suffered a season-ending elbow injury roughly midway through the 2014 campaign before rupturing his left Achilles tendon in Saskatchewan's 2015 season opener.

THE CANADIAN PRESS

Rogers leaves Stampers to join the NFL's 49ers

CFL receiving yards leader Eric Rogers has signed with the NFL's San Francisco 49ers.

Rogers confirmed the signing on his Twitter account.

The Calgary Stampers released Rogers, who was scheduled to become a free agent on Feb. 9, earlier Wednesday so he could make the move.

Rogers led the league last year with 1,448 receiving yards and had 87 receptions and 10 touchdowns.

THE CANADIAN PRESS

UFC

CM Punk one step closer to securing opponent for debut

No stranger to calling out opponents from his days in the WWE, Phil (CM Punk) Brooks watched with interest as novice MMA fighter Mickey Gall pointed the finger at him.

Brooks, who has been in training for his UFC debut since signing with the promotion in December 2014, says Gall was smart to call him out at a regional show in November with UFC president Dana White in the audience.

"I'm an unknown and everybody kind of wants to cash in that Powerball ticket," Brooks

said. "I'm like a human sexy trophy that everybody wants to win. So yeah, I think it's a wise decision by him. He had Dana front row for it, so he had the right audience and it's gotten him this far. So bully for him."

Gall's move was captured on video on White's "Lookin'

for a Fight" web series. "Hey Dana White, I don't know

if CM Punk has an opponent, but I would love to fight that man CM Punk," Gall said in the cage after winning his pro debut. White subse-

quently signed the 23-year-old welterweight, matching him against Mike Jackson (0-0) on the undercard of UFC 196 in Las Vegas. Should Gall (1-0) win Feb. 6, he will get his fight with the former pro wrestler.

Brooks is happy to move one step closer to an opponent.

"It gives you more purpose in everything you do every day and you focus in on something. So it helps," he said.

The 37-year-old Brooks, a Chicago na-

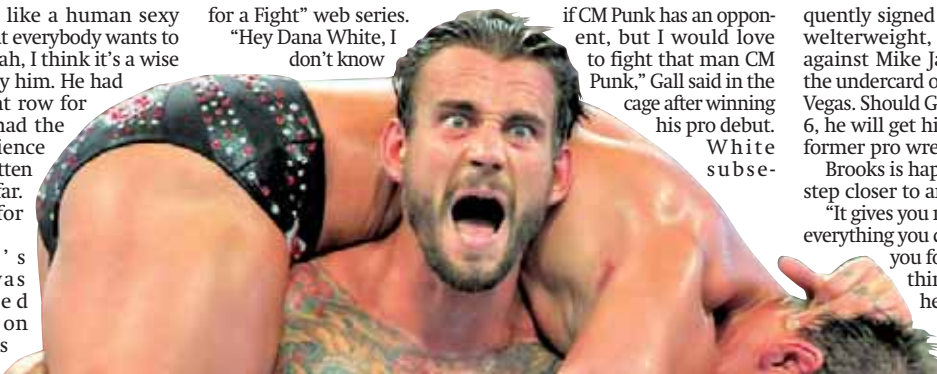
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I'm super-anxious to get going.

Phil Brooks

tive, has been honing his MMA skills in Milwaukee under trainer Duke Roufus.

Brooks had his training derailed for two months in the fall by a shoulder injury, but he says he feels "100 per cent stronger" than he was a year ago — "in all aspects." THE CANADIAN PRESS



RECIPE Roasted Chicken and Chickpea Tray Bake



PHOTO: MAVA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

The cool yogurt topping is the perfect complement to this Moroccan-spiced chicken tray bake.

Ready in
Prep time: 10 minutes
Total time: 35 minutes
Serves 4

- Ingredients**
- 5 Tbsp olive oil
 - 4 cloves garlic, minced finely
 - 1 tsp paprika
 - 1 tsp cumin
 - 2 tsp salt
 - Pinch pepper
 - Pinch of red pepper flakes

- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs
- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

- Directions**
1. Preheat oven to 450 F.
 2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.
 3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.
 4. Bake for 20 to 25 minutes.
 5. Serve with a dollop of the spiced yogurt.

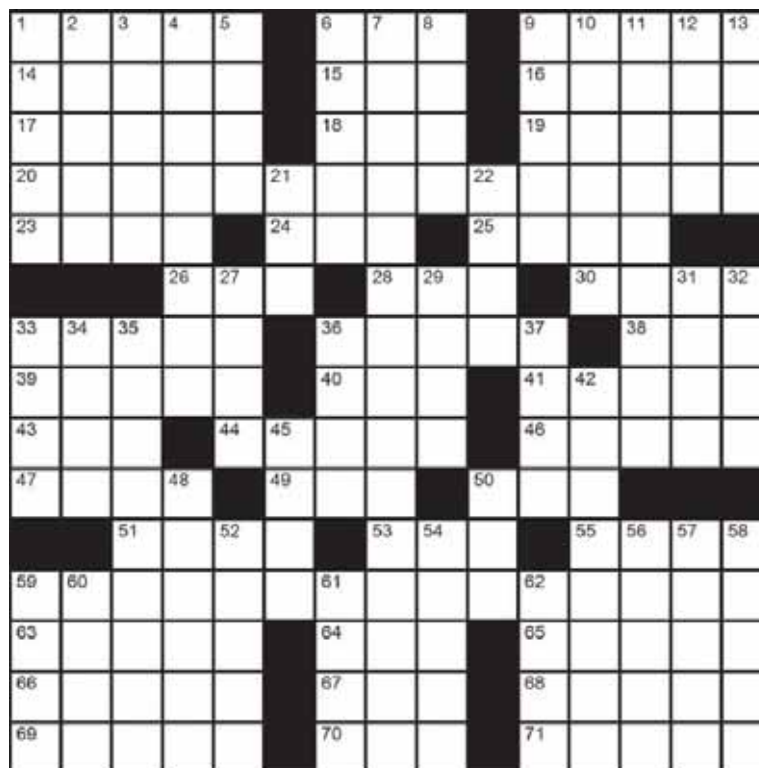
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Just Between You ___" by April Wine
6. PIN-inputting spot
9. Sounded satisfied
14. "Rio" band, when doubled
15. Alphabetic trio
16. Stock
17. "Give ___" (Try)
18. Marci of "Canada AM" on CTV
19. Hagar the Horrible's wife
20. 1885 + Louis Riel + North-West Rebellion + Regina Courthouse = What?: 3 wds.
23. "Saturday Night Live" alum Horatio
24. 'Legal' suffix
25. Poet's 'previously'
26. "Am ___ brother's keeper?"
28. Female pronoun
30. Snake-looking fishies
33. "Dave" (1993) star Kevin
36. In the least: 2 wds.
38. Theatre seating area
39. More pleasant
40. Li'l loudness
41. Classy theatrical show
43. White House nickname
44. Small boat
46. Elated
47. Dick Tracy's beloved
49. School of



- thought
50. Fail to keep
51. Leafy veggie
53. Positive vote
55. Faucets
59. Montreal's cruciform office/shopping complex since 1962: 3 mots
63. Outlandish

64. Gladiator's lucky number
65. "Don't Look Back in ___": 1996 Oasis hit
66. War horse
67. Morn's follower
68. Keen
69. Cattle groups
70. Born, in so-

- ciety bios
71. Geological flattops

DOWN

1. Mine entrances
2. ___ Sweet (Sugar substitute)
3. Run out
4. Chatelaine or

- Maclean's
5. Organic compound
6. Currency exchange fees
7. Sloan song that goes "I know that I'll be living it in Canada": 5 wds.
8. Royal Can-

- adian ___
9. Biblical son of Jacob and Zilpah
10. Relaxed: 2 wds.
11. Like the cowboy's gun before the draw at sundown
12. Consequently
13. Jan & ___
21. Tina of "30 Rock"
22. Careen
27. French 'seas'
29. Fifty percent
31. God
32. Go to and fro
33. Do needlework
34. Similar
35. Canadian athlete Patrick Chan's profession: 2 wds.
36. Hertz rival
37. "Hard Core ___" (1996)
42. Next to nothing payment
45. Capital of the Ukraine
48. Hallowed
50. Ms. Dawn Chong
52. The Who album: 'Live at ___'
54. Aristocracy
56. 100-eyed giant of ancient Greek mythology
57. Michelangelo masterpiece
58. Ecological stages
59. Upscale
60. Minstrel's pear-shaped instrument
61. Men Without Hats lead singer
- Mr. Doroschuk
62. Lady's address

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Even if you find it hard to connect emotionally you will do so with ease over the next few days. The planets will help you empathize with those who you might otherwise find it hard to feel sorry for.

Taurus April 21 - May 21
Taking a light-hearted approach will make it easier to deal with the huge responsibilities coming your way. Don't take what you have to do too seriously — just get on with it.

Gemini May 22 - June 21
You can feel that something special is going to happen. The Sun in Aquarius will bring new opportunities your way, and give you the confidence to make something of them.

Cancer June 22 - July 23
How can you make your home life more enjoyable? Put work matters to the back of your mind and focus on family to the exclusion of everything else. Making a profit is okay but making loved ones happy is priceless.

Leo July 24 - Aug. 23
No matter how busy the past few weeks have been and no matter how desperately you need time to recover this is going to be an active day. Keep the momentum going.

Virgo Aug. 24 - Sept. 23
Do not to make any sudden changes. If you do you will only have to change them back again later on. Things may look bad but they are not nearly as bad as they seem.

Libra Sept. 24 - Oct. 23
You will be rather excitable today and the smallest thing will set you off. Don't be surprised if others, even those you are closest to emotionally, stay out of your way.

Scorpio Oct. 24 - Nov. 22
Don't panic. Your life is NOT falling apart — you are just looking at things from too negative an angle. You may be down but later on your mood and your viewpoint will be more positive.

Sagittarius Nov. 23 - Dec. 21
Friends will surprise and delight you with sudden invitations and suggestions for having a good time, so don't plan your schedule in too much detail. You must be ready to drop whatever you are doing and party.

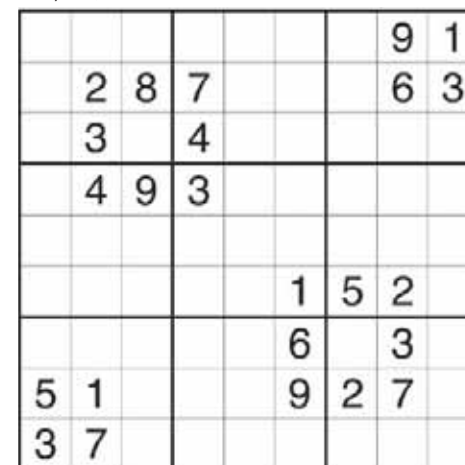
Capricorn Dec. 22 - Jan. 20
Impress employers and important people today. You have the knack of knowing the right thing to say, in the right way at the right time, and it won't be long before others are trying to impress you.

Aquarius Jan. 21 - Feb. 19
You must keep dreaming, even if so many of your dreams have failed to come true. There is every chance that what earlier seemed like a fantasy will quickly become a reality.

Pisces Feb. 20 - March 20
You could be too emotional today. Resist the urge to reply in kind to any adverse comments you receive. Count to ten before putting your feelings into words.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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BI-WEEKLY

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BI-WEEKLY

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2015 CAMRY XSE UPGRADE PKG

STK#F959685

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BI-WEEKLY

Was
\$32,080



2015 CAMRY SE

STK#F089153, Heated Seats

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